Business Woman Feared She Had Heart Trouble

"Since Tanlac has overcome a bad case of indigestion and nervousness of three or four years' standing for me, my work here in the store is a pleasure, and I am certainly grateful for the good health it has given me." sald Mrs. J. W. Pickina, of 51d E. 15th St., Los Angeles, who owns and operates the book store at 219 Mercuntile

"I was so run down that I felt miserable all the time. My sleep was broken and restless, I had no appetite, and the gas from undigested food caused my heart to polphtate so I thought I had heart trouble. For a time I had a swelling in my legs, too, and it was an effort for me to get about.

"It is wonderful how Tenine has given me such perfect relief from these troubles. I ent heartly now, sleep all the time."

Tanlac is sold by all good druggists, -Advertisement,

Strike Halts Executioner,

According to a report printed in Golos Rossi, an anti-Boishevist Russian paper of Berlin, the workers of Archangel went on strike when the death sentences of three priests and five laymen for having resisted the confiscation of church property was announced by the soviet revolutionary court, After the strike had continued two days a telegram was received from the All Russian central committee in Moscow commuting the sentences to three years' imprisonment, and work was re-

Important to All Women

have kidney or bladder trouble and never

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become discased. You may suffer pain in the back, head-ache and loss of ambition.

Poor health makes you nervous, irritable and maybe despondent; it makes

But hundreds of women claim that Dr. Kilmer's Swamp-Root, by restoring health to the kidneys, proved to be just the remedy needed to overcome such condi-

Many send for a sample bottle to see what Swamp-Root, the great kidney, liver and bladder medicine, will do for them. By enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y., you may receive sample size bottle by parcel post. You can urchase medium and large size bottles at all drug stores.-Advertisement.

Not in That Lexicon.

She wrote him a note which read: "Dear John: Meet me at the trysting place at 6:30 this evening, without

And John answered:

"In that lexicon of youth which fate has reserved for a bright manhood there is no such word as 'fale,' "

Mothers Ruin Babies' Health by Harsh Drugs

There are thousands of children and grown-ups whose health has been wrecked simply because they were given strong laxative catharties when a haby.

Baby often needs something to clean out the little bowels of clogged waste, but for goodness sake give him a medicine made especially for a baby. Give him Teethina. It's perfectly harmless and yet brings quick relief without hurting the tender little intestines like the strong drugs you use for yourself do when given to the little folks.

Teethina is indorsed by physicians and has been used for fifty years. Get it at your druggist, or send 30c to the Moffett Laboratories, Columbus, Ga., for a package and the valuable Baby book.-Advertisement.

A Hasty Departure,

"I understand the boys ran that

bootlegger out of Crimson Gulch." "Yes," replied Cactus Joe, "But there is some doubt about whether they dismissed him indignantly an' forever, or jes' sent him over to Mesaville for a fresh supply."

Cuticura Soap for the Complexion. Nothing better than Cutleura Soap daily and Ointment now and then as needed to make the complexion clear, scalp clean and hands soft and white, Add to this the fascinating, fragrant Cutleura Talcum, and you have the Cuticura Toilet Trio,-Advertisement.

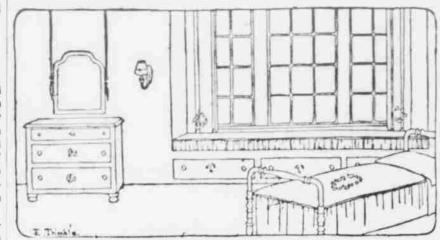
Italian Telephones.

The largest five cities in Italy-Rome, Naples, Milan, Turin and Palermo-with an aggregate population of over 3,000,000, have all together fewer telephones than Omaha. Neb., with a population of only a little over 200,000.

Fresh, sweet, white, dainty clothes for baby, if you use Red Cross Ball Blue. Never streaks or injures them. All good grocers sell it .- Advertisement.

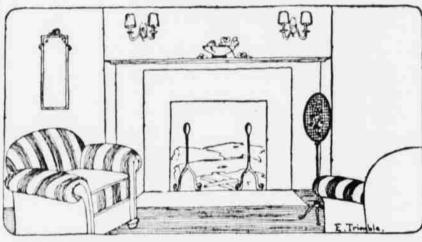
The Master Mind. First Crook-I've been wonderin'. Bill-how does a man get his own

money out of a bank? Second Crick-Easy. He jes' forges his own name to de check .- From Life. COLOR SCHEME FOR THE CHILD'S BEDROOM



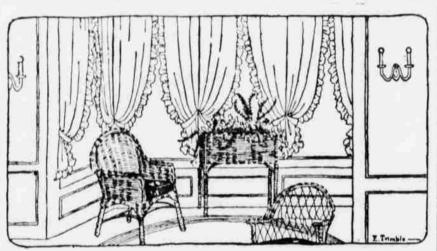
A color scheme of slate gray and cherry red is very attractive as well as practical for a child's bedroom. The tiny chest of drawers is painted gray with red painted cherries decorating each drawer and the gray painted mirror is hung by red cords. Gray sateen piped with therry red and apple green with red cherries makes the window seat cushlon, the window draperies and the cover for the red painted single bed. The drawers under the window seat are

tike a child at night, and just feel fine BLACK SEEMS TO BE THE PREVAILING COLOR



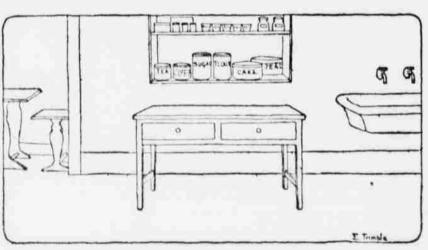
Sand color and black striped velours combined with plain black velours is used for the chair coverings in this very unusual room. The rug is solid black and the only color notes are supplied by a brilliant blue flower bowl, a hand-Readers of This Paper painted fire screen and the orange-shaded lights.

Thousands upon thousands of women THIS WILL SOLVE THE BAY-WINDOW PROBLEM



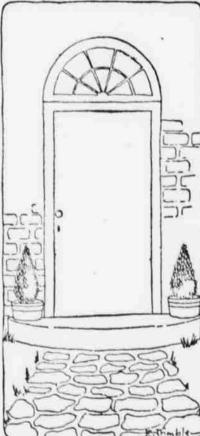
A bay window-how many of you are perplexed by this problem in refurnishing an old home? Why not make a tiny sun parior? A few pleces of wick- tongue, and she said that she supposed er, some cretonne cushions and white ruffled curtains and perhaps a small table it was their Christian duty to help or sewing cabinet will make a comfortable little room that anyone would enjoy, out unto seventy times seven! So the

PANTRY CAN BE USED AS BREAKFAST ALCOVE



A large pantry converted into a breakfast alcove is a labor-saver in more ways thun one. Not only does one save the steps required to serve meals in the dining room, but one's cooking utensils and materials are close at hand on shelves built above the kitchen table. Tin cans of various sizes, painted white and labeled, hold various staples,

QUAINT DOORWAYS ARE FASHIONABLE

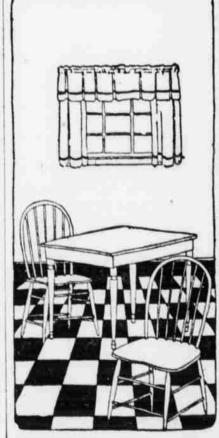


Quaint looking old doorways of this type are becoming more fashionable all the time for both brick and frame houses. The two little trees set in green-painted tubs and the flag-stone walk give the proper touch for a colonial house. The fan-shaped transom of leaded glass furnishes a pleasing

overhead Illumination for the reception

ball or corridor.

ADDS COLOR NOTE TO THE KITCHEN



The tile-patterned linoleum used in this kitchen and its breakfast corner gives the color note to the room. It may be blue and white, or black and white, or any other combination of color with white. The white muslin curtains have a narrow band of color to match that in the linoleum. The white enamel furniture is really quite practical, as it can be washed so easily





Y DEAR," said Mrs. Squirrel to her husband on Christmas morning." do you realize that we have absolutely nothing in the cupboard?"

Mr. Squirrel stroked his whiskers and gave a

thoughtful flirt to his tail. "You remember that yesterday morning we gave those shiftless Chatter-Reds the very last nut we had," went on Mrs. Squirrel, putting her paws in her apron pockets (a very bad sign, I assure you; it meant that something was going to be done, and done quickly).

Mr. Squirrel went on stroking his whiskers. This seemed the only reply he could muster. He knew the facts of the case as well as his wife. Hadn't he invited the Chatter-Reds in? Hadn't he felt sorry for them because they looked so cold and hungry? Didn't he know that all fall, when the nuts were thickest, the Chatter-Reds had frolicked instead of getting in their winter supply? Didn't he caution them a hundred times, and hadn't they been rather saucy about it? They had! and yet, the day before Christmas they looked so forlorn he couldn't bear it. How they had lived as long as they had was something he did not like to think about. So in they trooped, five of them! They said very little and their noses quivered expectantly. The youngest of them, Charlie Chatter-Red, began to whimper. They could not stop him, And at last he said it right out loud. He said, and the tears rolled down his little cheeks like marbles spilled out of a boy's pocket, "I'm so hungry! I haven't had a thing to eat for two days!" And then he buried his head in his mother's lap and howled. It was all very sad. Mr. Squirrel had a consultation with his wife. They went in Mr. and Mrs. Squirrel were busy the a corner to talk it over. When you rest of the morning taking them home. yourself have just one nut left the day before Christmas, it takes a long time to decide to give it away. And one of the reasons that they had just one nut left was the fact that for some weeks past they had been helping these same shiftless Chatter-Reds! But Mrs. Squir rel was kind in spite of her sharp last nut, a fine, fat one it was too, was brought forth, Mr. Chatter-Red almost bosced himself in two with gratitude and all the little Chatter-Reds danced about like Indians. They whirled up so much dust in Mrs. Squirrel's living room that every one began to sneeze. At last they went home. And Mr. and

Mrs. Squirrel stood and looked at one another. But they said nothing at all. And here it was Christmas and nothing in the cupboard! "At least we can be thankful that we have no children," said Mr. Squir-

on Christmas day." Mrs. Squirrel had nothing but a snort in answer to this, Mr. Squirrel crossed the room and stood looking out of the window. The landscape was not very cheerful-gray sky, bare trees and

rel. "They won't have to go hungry



"I'm So Hungry."

a cold wind that made one shiver just to hear it. A Merry Christmas indeed! Mrs. Squirrel still had her paws in her apron pockets. She seemed to be thinking very hard. The harder she thought the more she cocked her head on one side. She actually seemed in danger of bending it so far it would break off. Then the idea came. Back snapped her head! Out came her hands from her apron pockets! Over

nudged him with her elbow. "My dear," she said, "I have thought of something!" "What is it?" demanded Mr. Squirrel

to Mr. Squirrel she marched and

whirling about. "Put on your best coat, polish up your shoes, take your silver-headed cane and we'll go for a walk on Christmas morning!"

"But Sabrina," (that was Mrs. Squirrel's name) he protested, "I really can't see what taking a walk has to do with getting anything to eat."

"You begin to get on your coat and shoes, and I'll tell you," answered Mrs. Squirrel.

would not have believed she could be This makes about 12 gems.

so spry. While she was tying her bon net under her chin she told her plan to Mr. Squirrel.

'Sandy," (that was Mr. Squirrel's name) "the children flying in the big house across the road always have a stocking full of good things on Christmas morning. I have seen them come out and scatter crumbs to the birds and the bits of suct on the twigs of trees. Perhaps if we went walking by they would throw us some nuts. We don't care to beg, but it is only fair that they who have so much and are so kind-hearted should spare us a little on Christmas morning."

Mr. Squirrel thought this an excellent plan, and gave his shoes such an extra polishing that they nearly put his eyes out.

It all happened just as they had hoped. When they approached the big house across the road, there were the children outdoors scattering crumbs and grain. One boy was climbing a tree with a bit of suet tied to a string in his hand. There was a good deal of shouting and laughing going on, and to tell the truth the squirrels were a litde timid. But when one is hungry, it does not pay to be afraid.

As soon as the children caught sight of them they shouted louder than ever. "Oh, oh!" they cried, "see Mr. and Mrs. Squirrel! How nice they look! Let's give them some nuts!"

And if you will believe me, those generous boys and girls that lived in the house across the road poured out such bags of nuts and goodles that



Busy the Rest of the Morning.

And they asked the Chatter-Reds to join them and fill up their larder, too!

So every one had a Merry Christmas and Mrs. Squirrel did not have to put both hands in her apron pockets for months and months!

Chrisimas Inconsistency

(©, 1922, Western Newspaper Union.)

Two men were finishing their Christmas shopping late

Christmas eve. "Let's call a taxicab," said one, "We have so many bundles and it is starting to rain."

A little boy offered to get them one. He only had to go a few steps before he found one. And he held the door open wide for the two men as he had seen carriage starters and

automobile starters do. He had been looking for odd jobs that evening. His Christmas money was not very much, and he did want to get just a few Christmas presents to give away. He had already made some. If he could only get ten cents now he would have enough. That would buy his mother's present. He wanted to get her a pink carnation. He had seen such beauties, and they

were ten cents apiece. One of the men pald no attention to him. The other fumbled at his pocket. "Here, don't be silly, you'll give the child bad ideas," said his friend. "He really didn't do anything. He will think he can beg for anything. That's a bad influence you're exerting," he muttered on, as the man who had fumbled at his pocket drew forth a shiny ten-cent piece and gave it to the boy, whose pale face and dark eyes lighted up in joy.

Later they stopped in at a restaurant to have something to eat. The man who had reproved the other for the ten-cent tip to the small boy handed the walter a large tip in advance, which made the waiter fawning in his attentions.

"We'll get better service," he explained, "and then, too, it's Christmas time."

But the friend who had been re proved said: "You don't think you're exerting a bad influence by any chance, do you?"

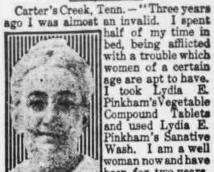
And the boy bought the carnation and went home, successful and happy, but the waiter snubbed the next customer because he failed to get an exorbitant tip.

Raisin Nut Gems.

Two cupfuls flour, 2 teaspoonfuli baking powder, % teaspoonful salt 2 tablespoonfuls sugar, 1/2 cupfu raisins, 1/4 cupful walnut meats, well-beaten egg, 2 tablespoonfuls melt ed butter or shortening.

Sift flour, baking powder, salt and sugar together. Add raisins and nuts cut in pleass. Add milk and beater egg and mix well. Stir in butter Pour into greased gem pans and bake She whisked about like a girl. You in moderate oven 30 to 35 minutes

Farmer's Wife Tells How Lydia E. Pinkham's Vegetable Compound Made Her a Well Woman



women of a certain age are apt to have.
I took Lydia E. Pinkham's Vegetable Compound Tablets and used Lydia E. Pinkham's Sanative Wash. I am a well woman now and have been for two years.

I can work as well as any one who is younger and as I am farmer's wife I have plenty to do for I cultivate my own garden, raise many chickens and do my own housework. You may publish this letter as I am ready to do anything to help other women as I have been so well and happy since my troubles are past."—Mrs. E.T. GALLOWAY, Carter's Creek, Tenn.

Most women find plenty to do. If they are upset with some female ailment and troubled with such symptoms as Mrs. Galloway had, the smallest duty

seems a mountain. If you find it hard to keep up, if you are nervous and irritable, without ambition and out of sorts generally, give the Vegetable Compound a fair trial. We Vegetable Compound a fair trial. We believe it will help you greatly, for it has helped others.



by warming and circulating blood Stop those dull, insistent aches, by relieving the painful congestion. Sloan's does this. Without rubbing, it quickly

penetrates the sore spot, stim-

ulating the circulation to and

through it. Congestion is re-

duced, soreness allayed, the pain relieved. Sloan's relieves sore, aching muscles, banishes the pains of rheumatism and neuralgia, Breaks up colds in chest, Stops suffering—wherever

Sloan's Liniment-kills pain!

VER REGULATO Large Can 259

GREEN MOUNTAIN



quickly relieves the distressing paroxysms. Used for 55 years and result of long experience in treatment of throat and lung diseases by Dr. J. H. Guild, FREE TRIAL BOX, Treatise on Asthma, it causes, treatment, etc., sen upon request. Sc. and \$1.0 as druggista. J. H. GUILD CO., RUPERT, VI



Free yourself from your cough and your cold. Disagreeable phlegm cleared away; scratchy, tender membranes soothed; cough checked; cold broken up. Now, today-ask your druggist for

DR.KING'S NEW DISCOVERY -a syrup for coughs & colds

Pearl-Coated Beads.

"French pearls," supplied before th war, were glass beads given a pear like luster by fish-scales obtained fro Russia, says Science Siftings. Ti United States bureau of fisheries h, now separated a "pearl essence" fro the scales of Chesapeake bay sea he ring and shad, and has found this suitable coating for the beads. T' real pearls are strikingly imitated the silvery coating hardens.

Look to Your Eyes Beautiful Eyes, like fine



